

May is Mental Health Month Transcript

As we recognize National Mental Health month, our goal is to educate and inform Army leaders, Soldiers, and family members about comprehensive behavioral health.

Approximately 60 million Americans are diagnosed annually with some sort of Behavioral health condition. That is one in four Americans. The Army is committed to ensuring all Soldiers and their families receive the best behavioral care possible. We're dedicated to promoting mental health for our Soldiers and their family members through diligent research, prevention, early detection, diagnosis and treatment programs.

We have made significant progress in understanding brain health and the Army has taken steps to remove the stigma from seeking care. Our efforts must not be limited to just the reduction of symptoms, but rather toward the restoration of functionality and quality of life.

Brain health is a key component of a healthy and ready force.

Army medicine is serving to heal ... honored to serve!

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